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ABSTRACT

Intended for parents of 10- to 15-year-olds, this book is a guide to mastering the ups and downs of early adolescence. The book draws together the latest information from experts, supported and advised by the National Middle School Association, and insights from surveys of parents, teachers, and the children themselves to cover every facet of the physical, social, emotional, and intellectual development of early adolescence, including the battle for independence, friendship and peer pressure, and substance abuse. Following an introduction providing a "Ferris Wheel" view of early adolescent life, the chapters are as follows: (1) "Playing Mind Reader: Understanding Your Middler's Developing Intellect"; (2) "House of Mirrors: Coping with Growing Bodies and Distorted Images"; (3) "Haunted House: The Emotions and Tensions Your Middler Feels"; (4) "Escape Artist: Your Middler's Battle for Independence"; (5) "Three-Ring Circus: Why Your Middler Is Distracted, Disorganized, and Disinterested"; (6) "Ringing the Bell: Helping Your Middler Succeed in School"; (7) "Enduring the Bumper Cars: Sibling Rivalry, Peer Pressure, and Other Obstacles"; (8) "Video Arcade: The Promise and Peril of the Electronic Media"; (9) "Lions, Tigers, and Bears: Protecting Your Middler from Tobacco, Alcohol, and Drugs"; (10) "The Tunnel of Love: Sexuality and Your Middler"; and (11) "Cotton Candy Time: Handling the Sticky Questions about Your Own Past." The book concludes with a list of recommended reading and resources, organized by chapter. (HTH)

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